

Free
program!



Circle of Security

For parents of children aged 0–12 years

This 8 week program supports parents as they think about how they can be 'bigger/stronger/wiser/kinder' for their kids. Common-sense information will be provided to help with understanding and responding to children's needs and behaviours in a way that will help their child/ren grow up feeling secure and confident.

Venue: Family Support Newcastle,
2 High Street, Waratah

Date: Tuesdays – 20th February to 10th April 2018

Time: 10am to 1pm

**To express your interest, please contact:
02 49263577**

BOOKINGS ESSENTIAL

Topics covered include:

- What is a secure attachment?
- Learning to read our children's cues
- Learning to monitor our own state of mind
- Relationship ruptures and repairs

**Children's activities
available**

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